

Image: Royal Adelaide Show

ACH
GROUP

Social and Wellbeing Guide

Residential Care

September – December 2026

About ACH Group

ACH Group is a not-for-profit community organisation promoting opportunities and services for older people to live good lives since 1952.

In addition to a variety of accommodation offerings, including retirement living units and residential care homes located across metropolitan Adelaide, ACH Group provides a wide range of services including help at home, health, wellbeing, respite and social experiences.

About ACH Group Residential Care Social and Wellbeing Experiences

Our Social and Wellbeing Experiences Guide presents some of the best experiences on offer at ACH Group residential care homes from September to December 2026.

The experiences include social, health and wellness, and special events celebrated with food. This guide includes a range of experiences that provides residents with the opportunity to meet new people in a relaxed and welcoming environment, learn new skills or revitalise past ones. Family and friends are welcome to join in, connect, and feel part of the community.

From live performances and cultural celebrations to special visitors and festive traditions, there's always something to enjoy throughout the year.

Celebrate Diwali, be entertained by Belly Dance Arabesque, meet furry friends from Old MacDonald's Farm, or join the ACH Group Masters Games. Enjoy favourites including Father's Day, Halloween and Melbourne Cup celebrations.

As Christmas approaches, enjoy Mary's Trio, a visit from Santa, a traditional Christmas Lunch and the joyful Sing for Joy Christmas Concerts.

With a diverse calendar of events and activities, there's always something to look forward to.

We look forward to sharing these experiences with you. For detailed information about dates, times, and additional experiences on offer, please check your home's noticeboards or speak with a member of the ACH Group Social Experiences Team.

*All information herein is correct at the time of printing. Details are subject to change without notice. Learn more about ACH Group residential care homes at ach.org.au/residential-care



Supporting residents to feel connected

For some residents, engaging in formal social programs can feel overwhelming. That's where ACH Group Engagement and Individual Support Care workers make a meaningful difference. They work closely with residents who may be socially isolated or living with dementia or simply prefer more personalised interaction.

By offering one-on-one engagement in the comfort of the resident's own unit, they help individuals build confidence, explore activities at their own pace, and form genuine connections with others in their community.

Higher Everyday Living Services (HELF)

The Higher Everyday Living Fee (HELF) is an optional fee available to residents who wish to receive a higher standard of everyday living services.

For residents who moved into residential care before 1 November 2025, the previous Additional Service Fee and Extra Services Fee arrangements (referred to by ACH Group as the **Hospitality Fee** and **Hospitality Package**) will terminate by 1 November 2026. We will assist residents to transition to HELF before then.

By choosing to pay the HELF fee, residents will enjoy an expanded offering of services.

Some HELF services include special events and social experiences are designed to support social connection and overall wellbeing.

These services will be marked with the H symbol for easy identification.



To learn more about HELF services at your home, please speak with your Customer Services Coordinator, who can help with any questions.





Contents

About ACH Group Social and Wellbeing Experiences	2
Supporting residents to feel connected	3
Higher Everyday Living Services (HELF)	3
Entertainment	6
Old MacDonald’s Farm	6
Diwali Celebration	7
Belly Dance Arabesque	8
Mary’s Trio as Roving Carolers	9
Events	10
Father’s Day	10
Royal Adelaide Show Month	11
Footy Tipping Award Ceremony	12
Diwali	13
Halloween	14
Melbourne Cup	15
Remembrance Day	16
ACH Group Masters Games	17
Christmas Lunch	18
Santa Claus	19
Sing For Joy Christmas Concerts	20
Armchair Travel – Royal Show, Nepal, Egypt, Lapland	22-25
Weekly Social Experiences	26
Golf Practice	26
Sing for Joy Choir	27
Art Classes	28
Friday Happy Hour	29
Companion Animal Visits	30
Bus Trips	31
Virtual Reality	32
Food Experiences	33
Food Experiences – Calendar	35
Culture Experiences	36
Religious Services	36
Health and Wellness	38
Gym	38
Strength and Balance	39
Move to Improve	40
HELF Exercise Group	41

Old MacDonald's Farm

September

Bring the excitement of the Royal Adelaide Show to our home this September with a special visit from Old MacDonald's Farm.

Residents will enjoy meeting a variety of friendly farm animals up close, creating opportunities for interaction, reminiscing and fun. This hands-on animal experience is sure to delight residents while bringing the sights and charm of the country straight to our doorstep.



Diwali Celebration

October

Celebrate Diwali with a lively Bollywood dance performance filled with colour, energy and music.

Set to popular Indian songs and festive rhythms, this exciting cultural showcase captures the joy and spirit of India's Festival of Lights. Residents will be entertained by a vibrant display of dance, expression, and storytelling that creates a fun and memorable celebration for all.



Belly Dance Arabesque

November

Celebrate our Armchair Travel adventure to Egypt with an enchanting Belly Dance performance.

Accompanied by traditional Middle Eastern music and rhythms, this vibrant cultural experience showcases the elegance, creativity and expression of one of Egypt's most famous dance traditions. Residents will enjoy a colourful and engaging performance that brings the sights, sounds and spirit of Egypt to life.



Mary's Trio as Roving Carolers



7 – 11 December

Welcome back Mary's Trio as they return to spread Christmas cheer throughout our home.

As roving carolers, they will move from area to area performing beloved Christmas classics in beautiful three-part harmony. Their festive voices and joyful songs will create a warm, merry atmosphere, bringing the magic of the season directly to residents, families, and staff.

Father's Day

September

Celebrate Father's Day with us at Happy Hour on 4 September!

We warmly invite families to join us for an afternoon of connection and celebration. Every male resident will receive a personalised chocolate, proudly gifted on behalf of ACH Group. Come together, share the joy, and make this Father's Day a memorable occasion!



Royal Adelaide Show Month



September

It's Royal Adelaide Show Month! Join us for carnival games, delicious churros and fairy floss, and a special visit from Old MacDonald's Farm.

Showcase your talents by entering our exhibit with your arts and crafts, cooking, or floriculture creations. Entries will be judged, with ribbons awarded to placegetters. Don't miss the fun and friendly competition!

Footy Tipping Award Ceremony

September

Join us at Happy Hour on 25 September for our Footy Tipping Awards!

Enjoy drinks, tasty nibbles, and plenty of laughs as we present the winner's trophy and celebrate our top tipsters. Then keep the footy spirit alive by joining us for our AFL Grand Final Watch Party on Saturday, 26 September. Everyone's welcome!

Ask the Community Connector Lead at your home for more details.



Diwali



October

Celebrate the joy of Diwali! Known as the Festival of Lights, Diwali symbolises hope, new beginnings, and the triumph of light over darkness

Enjoy vibrant decorations, lively music, colourful dance, and wonderful company at one of our year's highlights. The more, the merrier—we'd love to celebrate with you!

Halloween

October

Get ready for a frightfully fun Happy Hour on 30 October!

Enjoy spooky games, creepy tunes, delicious drinks and nibbles, and fang-tastic company. Dust off your favourite costume and join us for an afternoon of laughs, surprises, and Halloween mischief. The best-dressed monsters, witches, and ghosts are especially welcome!

Join us if you dare!

Melbourne Cup



November

Dress to impress and join us for a fabulous Melbourne Cup celebration!

Watch the race live on the big screen, take part in our Cup sweep with great prizes, and enjoy delicious drinks and nibbles. It's the perfect chance to celebrate, socialise, and share excitement with family and friends. We can't wait to see you there!

Remembrance Day

November

Join us this Remembrance Day as we pause to honour the courage, sacrifice, and service of those who gave so much for our freedom.

Together, we'll reflect, remember, and pay our respects in a meaningful ceremony. Residents, families, and friends are warmly invited to share this special occasion with us.



ACH Group Masters Games



November

Get ready for the return of the ACH Group Masters Games!

Now in its third year, this much-loved event continues to grow bigger and more exciting, bringing our homes together in the spirit of friendly competition. Residents will compete for gold, silver and bronze across a range of fun sporting challenges, all while earning points towards the coveted Masters Games Trophy.

Join in, represent your home, cheer on your teammates and celebrate fitness, teamwork and community spirit as we make this year's Games the biggest yet!

Christmas Lunch

December

Celebrate the magic of Christmas with a delicious lunch lovingly prepared by our Central Kitchen.

Gather around beautifully decorated tables, enjoy festive bonbons and a scrumptious dessert, and share laughter, friendship, and the joy of the season. We look forward to celebrating the Christmas spirit together in wonderful company.



Santa Claus



December

Ho, ho, ho! Santa Claus is making a special stop to spread Christmas cheer! Residents and families are invited to join the festive fun as Santa arrives with a special gift for every resident, proudly provided by ACH Group.

Bring your Christmas spirit, share some smiles, and celebrate this magical time of year together! Drinks and nibbles included.

Sing For Joy Christmas Concerts

December

After months of practice, talented residents are ready to share a wonderful selection of festive favourites.

Family and friends are warmly invited to attend their home's Christmas Concert, sing along to familiar songs, share an afternoon of music, connection and festive cheer.



I am interested in...

Armchair Travel: Royal Adelaide Show



- 1. Sideshow Alley
- 2. Nightly fireworks
- 3. Animal judging

September

Step right up for a colourful virtual tour of the Royal Adelaide Show.

From the thrill of the rides and sparkle of fireworks to the charm of farm animals and the delight of show bags, enjoy all the sights, sounds, and flavours of the Royal Adelaide Show without leaving your chair.

Join us for a fun-filled experience brimming with laughter, nostalgia, and a dash of showtime magic.

Armchair Travel: Nepal/Mt Everest



- 1. Mount Everest
- 2. Diwali Festival Lights, Nepal
- 3. Nepalese Temple with Prayer Flags, Nepal

October

Celebrate Diwali with a special Armchair Travel journey to Nepal, home to the majestic Mount Everest and rich cultural traditions.

Residents will explore the breathtaking landscapes, colourful festivals and unique heritage of this fascinating country. Through stories, sights and experiences inspired by Nepal, we'll honour the spirit of Diwali while embarking on an unforgettable adventure from the comfort of home.

Armchair Travel: Egypt



- 1. Great Pyramids of Giza
- 2. A traditional felucca sailing on the Nile River
- 3. A colourful Egyptian market, Cairo

November

Join us for an unforgettable Armchair Travel journey to Egypt, a land of ancient wonders, rich history and vibrant culture.

Residents will discover the mysteries of the pyramids, explore the mighty Nile River and experience the sights, sounds and traditions of this fascinating country. Travel from the comfort of home and enjoy a captivating adventure through one of the world's most iconic destinations.

Armchair Travel: Lapland



- 1. The Northern Lights (Aurora Borealis)
- 2. A Reindeer Sleigh in a Snow-Covered Forest
- 3. Santa's Village, Lapland

December

Join us for a magical Armchair Travel adventure to Lapland, a breathtaking winter wonderland in the Arctic Circle.

Residents will discover snowy landscapes, dazzling Northern Lights, festive traditions and the home of Santa Claus. Through fascinating stories, images and cultural experiences, we'll explore this enchanting destination and enjoy the wonder, warmth and spirit of Lapland from the comfort of home.

Golf Practice



September - November

We're pleased to offer regular golf practice sessions for residents keen to sharpen their swing, build confidence and get competition ready for our next Golf Challenge.

This is a great chance to stay active, social and on par for success!

Sing for Joy Choir



September - December

Discover the joy and health benefits of singing. Sing for Joy choirs are led by experienced professional choir directors who guide you through weekly rehearsals.

Learn new songs and singing techniques in a fun and social environment.

No experience is needed and everyone is welcome.

Art Classes



September - December

Explore your creativity in a welcoming, supportive environment.

Explore and learn a variety of techniques, experiment with different mediums and develop your skills. No experience is needed you will be guided by an experienced art teacher to create art for you to cherish and keep.

Friday Happy Hour



September - December

Connect with others at the end of the week in a friendly social setting.

Enjoy a drink of your choice wine, bubbles, beer, soft drink, or even a cup of tea, paired with a platter of nibbles, a few games, quizzes and music.

For something extra special, join us on the first Friday of every month for our **Cocktail or Mocktail of the Month**. Each drink is inspired by either a country we've visited on our armchair travels, a seasonal flavour, or a special celebration happening that month.

Cocktail or Mocktail of the Month

September – “Showtime Sparkle” Green apple syrup & Champagne

Green apple syrup & Champagne which is crisp, fun, and full of excitement.

October – “Himalayan Glow” (Nepal) Lavender syrup & Champagne

Soothing, aromatic, and as serene as the mountain air.

November – “Golden Nile” (Egypt) Caramel syrup & Champagne

Smooth, sunlit, and timelessly luxurious.

December – “Northern Star” (Lapland) Cranberry syrup & Champagne

Sparkling red and festive as a snowy night.

A note for families: We love welcoming family and friends to join us on our experiences, including Happy Hours. To help cover costs, a charge of \$5 per standard drink will apply to guests who join us at Happy Hour (max. two drinks per person). Non-alcoholic drinks will continue to be provided at no cost. Drink vouchers can be purchased via EFTPOS at reception.

Companion Animal Visits



September - December

Enjoy the comfort and joy of companion animal visits. Friendly, gentle animals bring companionship, ease stress, and spark happy memories.

Regular companion visits can provide comfort, lift mood, encourage connection, and support overall wellbeing. Whether it's a cuddle, a pat, or simply time together, these visits offer moments of warmth that residents truly cherish.

Bus Trips



September - December

Our bus trips provide the perfect opportunity for you to explore, socialise, and enjoy the great outdoors!

Whether it's a scenic drive, a visit to a local attraction, or a relaxing outing to a favourite spot, these adventures bring joy, fresh air, and new experiences. Come along to create wonderful memories and embrace the fun of the journey!

Virtual Reality

Two virtual reality sets, alternating monthly.



September

- Perry Park
- Highercombe

October

- ViTA
- Milpara

November

- Kapara
- Healthia

December

- Perry Park
- Highercombe

Virtual Reality experiences offer a new way to explore and engage. Residents can visit destinations, revisit familiar places or try something new, all from a seated, supported seating.

These sessions encourage conversations, connects through shared experiences.

Summer Menu Launch - October 2026



September - December

ACH Group is excited to launch its new Summer Menu across all homes on 26 October 2026, bringing a fresh range of seasonal dishes designed to celebrate the flavours of summer while meeting the preferences and nutritional needs of residents.

Menu development is a collaborative process at ACH Group with seasonal menu planning meetings held at each home to gather feedback and insights from residents, team members and hospitality staff. These discussions help ensure menus reflect resident preferences while maintaining variety, quality and nutritional balance.

To further support menu development, ACH Group chefs visit each home throughout the planning process, working closely with local teams to understand resident tastes, review menu performance and explore new seasonal options.

This year, ACH Group is introducing an exciting addition to the summer offering with a locally planned Alternate Menu. Developed specifically for each home, these personalised menus will complement the core summer menu and provide greater flexibility, choice and variety for residents. By tailoring alternate menu options to local preferences, ACH Group aims to create an even more enjoyable dining experience that reflects the unique community within each home.

The new Summer Menu highlights ACH Groups ongoing commitment to resident choice, quality dining and continuous improvement, ensuring meals remain a valued and enjoyable part of daily life. Residents can look forward to a selection of vibrant seasonal dishes when the menu launches on 26 October 2026.

Talking Nutrition Together

We're pleased to introduce our new Nutrition Information Sheet series, designed to help residents and families better understand common nutrition challenges as we get older.

These easy-to-read resources support informed choices and encourage residents to be more involved in decisions about their meals and nutrition care. Please speak with a staff member if you would like a copy or have any questions.

Nutrition information sheets on multiple nutrition challenges including:

- Unintentional weight loss & high energy / high protein diets
- Am I gaining too much weight?
- Eating well to promote wound healing
- Keeping bowels regular & managing constipation
- Healthy eating and diabetes in residential care
- Help! I'm not enjoying my meals
- Stay hydrated for better health
- And many more



Weekly Happy Hour

Indulge in a rotating menu of treats including cheese platters, fresh fruit, savory hot dishes, sweets, plus cocktail and mocktail of the month.

Armchair Travel

Enjoy a meal with an ACH Group Chef. Share your food and dining experience with the people who make your meals. We always welcome feedback.

Food Experiences – Calendar

September

September – Father’s Day

Enjoy a personalised chocolate lovingly designed and wrapped on behalf of ACH Group.
For all male residents.

September – Cocktail and Mocktail of the Month

“Showtime Sparkle” Green apple syrup & Champagne.
Crisp, fun, and full of excitement.

October - December

October – Cocktail and Mocktail of the Month

“Himalayan Glow” (Nepal)
Lavender syrup & Champagne.
Soothing, aromatic, and as serene as the mountain air.

October – Halloween

Embrace the spooky spirit this Halloween.
Enjoy an assortment of chocolates, sweets and orange topped cupcakes.

November – Melbourne Cup Lunch

Enjoy the race that stops the nation with a special Melbourne Cup lunch of ham and cheese croissants, a selection of quiches and Champagne and orange juice.

Nov/Dec – Cocktail and Mocktail of the Month

November – “Golden Nile” (Egypt)
Caramel syrup & Champagne.
Smooth, sunlit, and timelessly luxurious.

December – “Northern Star” (Lapland)
Cranberry syrup and Champagne.
Sparkling red and festive as a snowy night.

Religious Services



September - December

Religious services and pastoral care visits offer an opportunity for reflection, connection and support.

For many, faith is an important part of their life and wellbeing. Services and visit Services vary by home—please contact your Community Connector Lead to find out what’s available.



I am interested in...

Lined area for writing responses.

Gym



September - December

Each home has a purpose-built space with specialised equipment designed to support residents to engage in meaningful physical exercise.

Our trained and professional health professionals will discuss and work with you to develop a tailored program that meets your individual needs. This program may focus on resistance, balance, and cardiovascular training. All residents are encouraged to participate.

Strength and Balance



September - December

This class focuses on exercises that target upper and lower limb strength as well as balance.

These exercises will support you to maintain independence so you can undertake the activities you want to do and live the life you want.

The Health Services team will provide you with exercises to help improve confidence with your mobility and reduce the risk of falls.

Move to Improve



September - December

A fitness session designed to be performed while sitting down. This seated exercise class is available to residents of any ability.

Come and join the personal trainer-led class which focuses on your range of motion and flexibility.

As the name suggests, Move to Improve will help to keep you active through gentle movement and in a fun environment.

HELF Exercise Group



September - December

Designed specifically for residents who have opted in to a HELF package, this tailored exercise group offers a personalised and elevated approach to wellbeing.

Sessions are shaped around the current cohort, ensuring activities remain relevant, engaging, and supportive of individual goals.

For more information or to express your interest in joining, please connect with the onsite Health Services team.

Your Feedback Matters

We are committed to providing the best possible service and strive for continuous improvement at every opportunity.

We believe that feedback — both positive and constructive — is essential to understanding the experiences of those we support, as well as their families and representatives.

We love hearing what we're doing well and welcome your compliments and stories of positive experiences. We also want to know when things don't go as expected. Every comment, concern, or complaint is an opportunity for us to learn, grow, and improve.

Feedback can be provided to us in a number of ways:



Complete the reply-paid 'Your Feedback Matters' form located at all ACH Group locations and submit by placing it in one of the feedback form boxes on-site or post it back to us at no cost.



Complete a digital feedback form online at achgroup.org.au/contact/feedback



Speak with a staff member in person.



Telephone 1300 22 44 77 and speak to one of our staff members.



Send a letter to PO BOX 646 Torrensville Plaza, Torrensville SA 5031.

Social Pages

Here's a snapshot of residents enjoying a variety of experiences in the past few months as part of ACH Group's social and wellbeing program.



Congrats to the Milpara Team for winning ACH Group World Cup Soccer Tournament.



Residents at Highercombe got into the rhythm with African drumming.



Residents from Healthia enjoying time in the Barossa.



Celebrating a very special milestone at Kapara as Yvonne marked a milestone birthday surrounded by friends, smiles and good company.



The Mexican Dance Group showcasing their dance and costumes in front of residents at Perry Park.



More snapshots of Perry Park residents enjoying the Mexican Dance Group.

